Silhouette Technique

Use this job aid to more spontaneously assess your major or career decision. For each icon below, use the question prompts to start analyzing which decision is right for you.

What are your thoughts about your future major or career?

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What are some of the positive messages you are receiving while going through your career exploration process?

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What are some of the positive messages you are receiving while going through your career exploration process?

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____________________________________________________________________________
Where do you see yourself in five years?
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____________________________________________________________________________
____________________________________________________________________________

What would you like to say or not say to your parents, teachers, friends, etc.?
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____________________________________________________________________________

How do you feel about your decision-making?
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What are your greatest strengths (values, interests, skills)?
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____________________________________________________________________________
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What are your greatest weaknesses (values, interests, skills)?
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____________________________________________________________________________
____________________________________________________________________________

What important steps have you taken in your decision-making?
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____________________________________________________________________________
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What is preventing you from taking steps in your decision-making?
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